



## The Institution of Engineers, Malaysia

Bangunan Ingenieur, Lots 60/62, Jalan 52/4, Peti Surat 223,

46720 Petaling Jaya, Selangor Darul Ehsan

Tel: 03-79684001/2 Fax: 03-79577678

E-mail: [sec@iem.org.my](mailto:sec@iem.org.my) IEM Homepage: <http://www.myiem.org.my>

### Technical Talk on “Ergonomics at the Workplace”

(Organized by Project Management Technical Division IEM)

Date : 29<sup>th</sup> February 2020 (Saturday)  
Time : 11am – 1pm (*Refreshment will be served at 10.30am*)  
Venue : Auditorium Tan Sri Prof. Chin Fung Kee, Wisma IEM, PJ  
Speaker : Dr. Abdul Rahman bin Abdul Rahim

BEM Approved CPD/PDP Hours: 2  
Ref Number: IEM20/HQ/064/T

#### SYNOPSIS

The origin of the word Ergonomics is from the Greek word *ergon* meaning *work*, and *nomos* meaning *natural laws*. It is the science of designing products and workplace to suit human user. Human anthropometry such as height, weight, and proportions are taken into account as well as information on hearing, sight, thermal comfort, muscle strength and other. In the USA Ergonomics is sometimes known as human factors engineering. Ergonomics at the workplace is as important as other areas in occupational safety and health. By incorporating human factors in the work environment to suit both physiological and psychological needs, productivity can be increased and health related problem can be reduced. An environmentally friendly and comfortable working condition can reduce work related stress. The main issues in ergonomics are manual handling, repetitive motion and awkward movement which can result in back pain, carpal tunnel syndrome as well as other musculo-skeletal disorders. Based on the latest reports by SOCSO, injury claims due to ergonomics is on the increase. Back pain and slip disc are the most common types of injury mainly due to incorrect lifting method. Carpal tunnel syndrome which prevalent for repetitive work is also on the rise. This technical talk will provide an overview of related issues in workplace ergonomics and how to prevent injury.

#### FEE ANNOUNCEMENT

(Effective: 1<sup>st</sup> October 2017)

##### Members:

- (i) Registration Fee: No Charge
- (ii) Administrative Fee:
  - (a) Online RM15
  - (b) Walk-In RM20

##### Non-Members:

- (i) Registration Fee: RM50
- (ii) Administrative Fee: RM20

- Limited seats are available on a "first come first served" basis (maximum 100 participants).
- To secure your seat, kindly register online at [www.myiem.org.my](http://www.myiem.org.my)

##### Personal Data Protection Act:

I have read and understood IEM's Personal Data Protection Notice published on IEM's website at [www.myiem.org.my](http://www.myiem.org.my) and I agree to IEM's use and processing of my personal data.

**“IEM reserves the right to alter or cancel the programme due to unforeseen circumstances at its discretion”.**

**For intending participants who choose to ‘walk in without prior registration’,**

**IEM SHALL NOT be responsible for any direct or consequential losses”.**

## SPEAKER'S BIODATA

**Dr. Abdul Rahman Abdul Rahim** is an Associate Professor at UTM Razak School of Engineering and Advanced Technology, UTM Kuala Lumpur. He is also an associate lecturer at Meiji University, Tokyo, Japan. Prior to joining UTM he has worked with two multi-national corporations in the area of manufacturing. He graduated with a B.Sc. in Mechanical Engineering and B.Sc. in Engineering Management from University of Evansville USA in 1988. He obtained his MSc in Manufacturing Systems Engineering from Warwick University in 1991 and his PhD from Universiti Teknologi Malaysia in 2006. He also received a Certificate in Occupational Safety and Health in Manufacturing Industries from Worksafe Western Australia in 1998. At present, he is the coordinator of Safety and Health Officer Course organized by Federation on Malaysia Manufacturers (FMM).

He has conducted training with various multi-national and local companies throughout Malaysia in the area of Operations and Production Management, Occupational Safety and Health, Emergency Response Plan, 5-S and Housekeeping, Project Management, Total Productive Maintenance, Poka Yoke, Quality Improvement, Statistical Process Control, ISO 14000, ISO 9000, HACCP, GMP, Production Planning and Control and Method and Time Study. He is also an invited speaker at Federation of Malaysian Manufacturers (FMM), National Institute of Occupational Safety and Health (NIOSH), Malaysian Institute of Human Resource Management (MIHRM), Incorporated Society of Planters, (ISP), ALAM, International Business School (IBS), Chemical Engineering Pilot Plant (CEPP), and Business and Advanced Technology Center (BATC), Institut Pembangunan Pengurusan Johor (IPPJ), Prestariang and Pusat Pembangunan Tenaga Industri Johor (Puspatri). He has also conducted training for Sudan Master Technology (SMT) in Khartoum in 2014. He was also an examiner and interviewer for Safety and Health Officer Competency certificate (NIOSH).

***Ir. Wong Khien Ngee, Vincent***  
***Chairman***  
***Project Management Technical Division, IEM***